

# Skip To The Good Bit

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STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Tina Summerfield (UK) - September 2013  
音樂: Skip To the Good Bit - Rizzle Kicks : (Album: Roaring 20's - Single - iTunes)



2 Restarts: Restart 1: Wall 3 after 16 counts -Restart 2: Wall 5 after 48 counts

16 count intro

**Section 1: Walk forward x2, Kick Close, Side rock, Recover Kick, Close, Side rock, Recover, Jazz box**

1-2            Walk forward on right, walk forward on left  
3&4&        Kick right forward, close right beside left, rock left to left side, recover to right  
5&6&        Kick left forward, close left beside right, rock right to right side, recover to left  
7&8            Cross right over left, step left back, step right to right side

**Section 2: Cross, Unwind ½ turn, Coaster step, Forward mambo, Back rock**

1-2            Cross left over right, unwind ½ turn right (weight finishes on left) (6.00)  
3&4            Step right back, close left beside right, step right forward  
5&6            Rock forward on left, recover to right, step left back  
7-8            Rock back on right, recover to left

**Restart 1: Wall 3 Restart dance facing 6.00**

**Section 3: Step forward, Touch behind, Heel jack, Close, Touch, Back rock, Recover, ½ Pivot, Step forward**

1-2            Step right forward, touch left behind right  
&3&4        Step left back, touch right heel forward, close right beside left, touch left beside right  
5-6            Rock back on left (Look to left), recover to right  
7&8            Step left forward, pivot ½ turn right, step left forward (12.00)

**Section 4: Step forward, Hold, Ball step, Touch Heel jack, Close, Touch, Back rock, Recover**

1-2            Step right forward, hold  
&3-4        Close left beside right, step right forward, touch left behind right  
&5&6        Step left back, touch right heel forward, close right beside left, touch left beside right  
7-8            Rock back on left (Look to left), recover to right

**Section 5: ¼ Pivot, Cross, Step side, Touch, Step side, Touch, Ball cross, Ball cross**

1&2            Step left forward, pivot ¼ turn right, cross left over right (3.00)  
3-4            Step right to right side with slight dip, touch left to left diagonal  
5-6            Step left to left side with slight dip, touch right to right diagonal  
&7&8        Step ball of right behind left, cross left over right, step ball of right behind left, cross left over right

**Section 6: ¼ Turn left, ½ Turn left, Shuffle ½ turn left, Coaster step, Out, Out**

1-2            Making ¼ turn left step right back, making ½ turn left step left forward (6.00)  
3&4            Making ½ turn left step back on right, close left beside right, step back on right (12.00)  
5&6            Step left back, step right back beside left, step left forward  
&7-8        Jump right out to right side, jump left out to left side, hold

(Optional arms on counts &7- 8 ..... &7- Circle fists inwards chest height full circle with elbows pointing to side, 8 – push right elbow to right, stretch left arm to left side and point index finger)

**Restart 2: Wall 5 restart dance facing 12.00**

**Section7: Samba step x2, Cross, Side, Behind, ¼ Turn, Pivot ½ turn**

1&2            Cross right over left, rock left to left side, recover to right  
3&4            Cross left over right, rock right to right side, recover to left

5&6 Cross right over left, step left to left side, step right behind left  
7&8 Making  $\frac{1}{4}$  turn left, step left forward, step right forward, pivot  $\frac{1}{2}$  turn left (3.00)

**Section 8: Cross rock, Recover,  $\frac{1}{4}$  Turn, Cross rock, Recover, Side rock, Recover, Step back with Sweep, Step Back with Sweep, Step back, Back rock, Recover**

1&2 Cross rock right over left, recover to left, making  $\frac{1}{4}$  turn right step right forward (6.00)  
3&4& Cross rock left over right, recover to right, rock left to left side, recover to right  
5-6 Step left back sweeping right, Step back on right sweeping left back  
7-8& Step left back, rock back on right, recover to left

**Ending: Dance finishes at the end of Wall 6 : Cross right over left, unwind  $\frac{1}{2}$  turn left to face front .**

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